WHAT IS CLAIMED IS:

1. A slider comprising:

a longitudinal axis;

a recessed region;

at least one bearing surface;

first and second elongated rails extending generally parallel to the longitudinal axis and being disposed about the recessed region, the first and second rails are recessed relative to the bearing surface and each include a disc-facing surface; and

first and second elongated depressions extending along the first and second rails, respectively, and each having a depression floor that is recessed relative to the respective disc-facing surface.

2. The slider of claim 1, wherein the first and second elongated depressions are each surrounded by a less recessed surface of the respective rail.

3. The slider of claim 1, wherein the first and second rails each comprise:

an inside barrier surface that extends along at least a portion of the respective rail and separates the respective depression from the recessed region; and

an outside barrier surface that extends along at least a portion of the respective rail and separates the respective depression from a side edge of the slider, wherein the inside and outside barrier surfaces are raised relative to the depression floor, but recessed relative to the bearing surface.

4. The slider of claim 1, including a third elongated rail extending generally parallel to the longitudinal axis between the first and second elongated rails, and separating the recessed region into a first recessed region that is positioned between the first and third elongated rails and a second recessed region that is positioned between the second and third elongated rails, wherein the third elongated rail includes the bearing surface.

5. The slider of claim 1 including first and second convergent channels that are recessed within the first and second rails, respectively, relative to the respective disc-facing surfaces, the first and second convergent channels include a leading channel end open to fluid flow from the first and second depressions, respectively, channel side walls and a trailing channel end that is closed to the fluid flow.

6. The slider of claim 5 including a third elongated rail extending generally parallel to the longitudinal axis, between the first and second elongated rails, and separating the recessed region into a first recessed region that is positioned between the first and third elongated rails and a second recessed region that is positioned between the second and third elongated rails, wherein the third elongated rail includes the bearing surface, a third elongated depression that is recessed within the third elongated rail relative to the bearing surface, and a third convergent channel that is recessed within the third rail relative to the bearing surface and includes a leading channel end open to fluid flow from the third depression, channel side walls and a trailing channel end that is closed to the fluid flow from the third depression.

7. The slider of claim 1, wherein at least one of the bearing surfaces is formed by a leading bearing surface that is proximate a leading edge of the slider and is displaced from the first and second rails.

8. The slider of claim 7, wherein the leading bearing surface is at least partially surrounded by a leading recessed region that is adjacent a leading edge of the slider and is recessed from the recessed region.

9. The slider of claim 1 including a cross rail proximate to a leading edge of the slider, the cross rail extending transverse to the longitudinal axis and having a disc-facing surface.

10. The slider of claim 9 including a plurality of depressions formed in the cross rail, each depression having a floor that is recessed from the disc-facing surface of the cross rail.

11. The slider of claim 10, wherein the disc-facing surface of the cross rail forms the bearing surface.

12. A slider comprising:

a longitudinal axis;

a recessed region;

first and second elongated rails extending generally parallel to the longitudinal axis and being disposed about the recessed region, the first and second rails each having a disc-facing surface; and

a plurality of rail depressions formed in the first and second rails that are longitudinally displaced from each other along the respective rail, each rail depression having a floor that is recessed relative to the respective disc-facing surface and separated from the recessed region by an inside barrier surface that extends along at least a portion of the respective rail, a portion of each rail depression being separated from a side edge of the slider by an outside barrier surface that extends along the respective rail, and another portion of each rail depression being exposed to the side edge of the slider through a barrier channel formed between adjacent outside barrier surfaces.

13. The slider of claim 12, wherein the portion of each rail depression that is separated from the side edge of the slider by the outside barrier surfaces is at a trailing side of the rail depression.

14. The slider of claim 12, wherein the leading portion of each rail depression that is exposed to the side edge of the slider by the barrier channels is at a leading side of the rail depression.

15. The slider of claim 12, wherein the plurality of rail depressions includes a leading rail depression positioned adjacent a leading edge of one of the rails, the leading rail depression having an open leading side.

16. The slider of claim 12 including:

a third elongated rail extending generally parallel to the longitudinal axis, between the first and second elongated rails, and separating the recessed region into a first recessed region, that is positioned between the first and third elongated rails and a second recessed region that is positioned between the second and third elongated rails, wherein the third elongated rail includes a bearing surface; and

the disc facing surfaces of the first and seconds rails are recessed from the bearing surface.

17. The slider of claim 12 including a cross rail proximate to a leading edge of the slider, the cross rail extending transverse to the longitudinal axis and having a disc-facing surface.

18. The slider of claim 17 including a plurality of depressions formed in the cross rail, each depression having a floor that is recessed from the disc-facing surface of the cross rail.

19. The slider of claim 18, wherein the disc-facing surface of the cross rail forms a bearing surface.

20. A slider comprising:

a longitudinal axis;

a leading recessed region adjacent a leading edge of the slider;

first and second elongated rails extending generally parallel to the longitudinal axis between the leading edge and a trailing edge of the slider;

a cross rail proximate to the leading edge adjacent the leading recessed region, the cross rail extending transverse to the longitudinal axis and having a disc-facing surface; and

a plurality of depressions formed in the cross rail, each depression having a floor that is recessed from the disc-facing surface of the cross rail.

21. The slider of claim 20, wherein the disc-facing surface of the cross rail is a bearing surface.

22. The slider of claim 20, wherein the leading recessed region extends between the cross rail and a leading edge of the first and second rails.

23. The slider of claim 20 including:

a bearing surface;

wherein the first and second rails are disposed about a trailing recessed region and each include a disc-facing surface that is recessed relative to the bearing surface and raised relative to the trailing recessed region.

24. The slider of claim 23 including first and second elongated depressions extending along the first and second rails, respectively, and each having a depression floor that is recessed relative to the respective disc-facing surface.

25. The slider of claim 24, wherein the first and second rails each include:

an inside barrier surface that extends along at least a portion of the respective rail and separates the respective elongated depression from the recessed region; and

an outside barrier surface that extends along at least a portion of the respective rail and separates the respective elongated depression from a side edge of the slider, wherein the inside and outside barrier surfaces are raised relative to the depression floor, but recessed relative to the bearing surface.

26. The slider of claim 23 including a third elongated rail extending generally parallel to the longitudinal axis between the first and second elongated rails and separating the trailing recessed region into a first recessed region that is positioned between the first and third elongated rails and a second recessed region that is positioned between the second and third elongated rails, wherein the third elongated rail includes the bearing surface.

27. The slider of claim 24 including first and second convergent channels, which are recessed within the first and second rails, respectively, relative to the respective disc-facing surfaces, and comprise a leading channel end open to fluid flow from the first and second elongated depressions, respectively, channel side walls and a trailing channel end closed to the fluid flow.

28. The slider of claim 20 including a plurality of rail depressions formed in the first and second rails that are longitudinally displaced from each other along the respective rail, each rail depression having a floor that is recessed relative to disc-facing surfaces of the respective rails and separated from the recessed region by an inside barrier surface that extends along at least a portion of the respective rail, a portion of each rail depression being separated from a side edge of the respective rail by an outside barrier surface that extend along the respective rail and another portion of each rail depression being exposed to the side edge of the slider through a barrier channel formed between adjacent outside barrier surfaces.

29. The slider of claim 20, wherein the depressions are separated from leading and trailing sides of the cross rail by leading and trailing barrier surfaces, respectively.

30. The slider of claim 20, wherein the depressions are cylindrical.